

All About AES

The (mostly) weekly newsletter from AES

Our mission: Exceptional instruction without exception

September 14, 2015

Calendar

Sept 15 School Pictures

Sept 20 Field Trip Grade 3 Mrs. Pelletier/ Mrs. Ladd to The Butterfly Place

Sept 22 Field Trip Grade 3 Mrs. Harney/ Mrs. Elliott to The Butterfly Place

Sept 23 PTO Ice Cream Social @CES 6:00 – 8:00 pm

Principally Speaking

Walker or Parent Pick Up???

When we begin dismissal each afternoon, I have a set order in which I call the students. It begins with Walkers / After School Program, then moves through all of the busses, and ends with Boys and Girls Club / Parent Pick Ups! So, if my kid is not on a bus or in a program, which option is right for us?

Students who are dismissed as Walkers come out the end doors near the small front playground at 3:00. Some of our older students actually walk home at that point. The majority of students have parents meet them. Some then walk home together while other parents have parked on the street and they go to their cars and leave. Finally, some parents let the students stay and play in the playground. I have one of our classroom assistants come out the end door and make a visual sweep of the area to make sure that we don't have any "lost" kids who are waiting for a parent.

In Parent Pick Up, parents snake their cars through the parking lot while the busses are loading and then drive to the front doors where their children are waiting. There are at least two staff members supervising these children as we wait for their ride to pull forward and then we load them up. By the time the busses leave we are close to 3:10 when we begin this process.

So, if you want to make a quick getaway, park on the street, meet your Walker, and off you go. If you want more supervision and don't mind a wait, Parent Pick Up may be right for you.



In the News – What has happened is happening and will happen around AES

Butterflies are emerging! Third graders have been receiving a lesson in life cycles firsthand as they have observed “painted lady” larva hatch into beautiful little butterflies. Sometimes they were fortunate enough to see the emergence happen right before their eyes, and other times they came into school discovering that the transformation happened sometime in the night. This unit provides children with wonderful opportunities to practice observation and writing as well as engaging in lively discussions about the experience. Our Third graders will experience being surrounded by hundreds of butterflies as part of the end of the unit field trip!

Ice Cream Social

Hope to see you at the annual PTO ice cream social, taking place on Friday the 23rd. Local “celebrity scoopers” will hand out cups full of delicious Hodgies ice cream, and you get to put on the toppings! It’s a fun, family event that is fun for everyone. (And you can get your PTO Membership for the year and get a discount!)

Fireball Run

We’re all getting excited about the Fireball Run, because this year, the finish line is Amesbury! The fireball run is a zany “adventurally” that combines elements of an auto rally with trivial pursuit! The rally takes place to raise awareness for missing children, and this year is the 16th anniversary run. The rally will take teams through New York, Pennsylvania and Massachusetts, culminating in a very exciting day full of events right here in Amesbury. Follow the link below to view the video put together by the Amesbury team!

<https://www.youtube.com/watch?v=TzH5eCzBnsI>



Help Wanted: Library Volunteers!

Would you like to make a difference at AES? Consider becoming a library volunteer!

Volunteers are an essential part of every successful library program. The hours are flexible, the kids are delightful, smiles are abundant, and the work you do improves the quality of learning for the whole AES community. Whether you are interested in a weekly commitment, an occasional project, a leadership role, or stopping by for 15 minutes every now and then to tackle the cart of books waiting to be shelved, you are appreciated!

There will be a Library Volunteer Meeting on Wednesday, September 21st from 9 to 9:30 a.m. If you are interested in becoming a library volunteer but can't make the meeting, please contact me via email at anstissst@amesburyma.gov.

Thank you in advance for supporting your child's school library program!

Sincerely,

Terri Anstiss, Librarian

Welcome the 2016-2017 school year
at the
Annual Amesbury PTO

Ice Cream Social!



Friday September 23, 2016

6:00-8:00PM

Cashman School Cafeteria

Dancing! Popcorn! Surprise Super Scoopers!

Purchase your 2016-2017 PTO membership before
September 23th, or at the entrance, and receive a FREE ice
cream!

Volunteers needed!

Please contact Jessica Ducrow

jmducrow@yahoo.com

****While we enjoy ice cream and friends, let's take care of our neighbors too!
Please drop off a non-perishable food donation to Our Neighbors Table at the event****

PTO AFTER-SCHOOL ENRICHMENT PROGRAM REQUEST FOR INSTRUCTORS!

The Amesbury PTO is looking for instructors for the 2016/2017
After-School Enrichment (ASE) Program.

Share your hobby, passion, sport, craft, talent, or special skill with
our kids by teaching a one-hour class, once a week for 4 weeks!

FALL Session Dates: OCTOBER 17TH – NOVEMBER 18TH

WINTER Session Dates: JANUARY 23RD – FEBRUARY 17TH

SPRING Session Dates: APRIL 3RD – MAY 5TH

- ASE classes are held one day per week for the 4-week session.
- Classes for Grade 1-4 are held from 3:15pm-4:15pm .
- Classes for Kindergarten only are held from 1:45pm – 2:45pm.
- Make-up classes (for weather, early release days or holidays) are scheduled during the week after the formal session ends.



ASE instructors earn a stipend of \$45 per class (\$180 for 4-week session).

Deadline for FALL Instructor Proposals: Thursday, September 22nd

BUT – We are thrilled to accept proposals for future sessions now as well!

Please include the following information in your proposal:

- Instructor's name
- Name of the class(es) you'd like to teach
- School at which the class will be held (CES or AES)
- Grades (K-4) eligible to enroll in the class
- Day(s) of the week on which you'd prefer to hold the class(es)
- Maximum class size (all classes must have a minimum of 10 children enrolled in order to run at \$45/class stipend rate)
- An estimate of materials/supply costs, if you will need to purchase any for the class (for items the students will make and bring home or eat during class); these are reimbursed
- Description of class



Have an idea for a class but have questions about logistics or how the program works?

Feel free to contact Jen Clark at AmesburyASE@gmail.com

Send proposals by Thursday, September 22nd to: Amesbury ASE@gmail.com

Please note: All instructors must have current CORI form on file.

All class submissions are subject to approval by host school administration and PTO. Instructors will be notified ASAP of approval of submissions or additional information requirements.

Dear Parent/Guardian:

We are the Amesbury PTO and we're interested in *you*.

WAIT . . . This isn't about money. (Not much anyway.)

WAIT . . . This isn't about time. (Not any if you don't have it.)

Are you still reading --- This is about **YOUR CHILD**.

The mission of the Amesbury PTO is to enhance the elementary experience for our kids!

During the school year, you'll see the PTO a lot — sponsoring field trips, sending volunteers into classrooms, purchasing special equipment and supplies that your child's teacher needs, awarding grants, providing After-School Enrichment programs, and hosting the Science Fair. We also like to throw parties, such as the Ice Cream Social, the Mother-Son dance, the Family Fun Fair, Staff Appreciation Luncheons, and Volunteer Dinners, just to name a few. Lots of fun!!

We also have meetings and make decisions that directly affect your child. The meetings don't take long and kids are always welcome and activities will be provided for them. PTO members attending vote on all sorts of issues. If you've ever wondered why or how things come about during the school year, the PTO meeting is where it happens.

- You can join the PTO for \$10.00 (\$15.00 for 2) and then just sit back and enjoy the school year. Great! We really appreciate your membership and you'll know you've provided some well-needed funds. Go ahead and hug your child.
- Or, you can join the PTO and volunteer at any (or all!) of our events—for just an hour or a day, behind the scenes (with planning) or right up front (by working at an event). Super! You'll have fun, meet people, and know that you've made your child smile because most of the events are fun-filled times for our children.
- Or, you can join the PTO and come to the meetings. You'll see familiar faces and learn about programs, grant opportunities, and upcoming events. And you can vote for what you want and what you don't want. *It'll be your voice and your vote steering the PTO.* Your child may not thank you, but you'll have the satisfaction of knowing you've made a big difference in your child's life and in the school that he or she attends.

The PTO hopes you'll choose to become an integral part of your child's elementary school years by joining the largest volunteer child advocacy association in the nation and giving yourself a powerful voice in both curricular and extracurricular activities at our schools.

WELCOME!!!

Look for the Amesbury PTO group on Facebook to find information about upcoming events

Amesbury PTO

2016-2017 Membership Form

One Member: \$10 per year - Two Members: \$15 per year

1st Member's Name: _____ Previous Member ____ New Member ____
2nd Member's Name: _____ Previous Member ____ New Member ____

School: Amesbury Elementary _____ Cashman Elementary _____

Child's Name: _____ Grade: _____

Child's Name: _____ Grade: _____

Child's Name: _____ Grade: _____

Address: _____

Phone #: _____ Cell#: _____

Email: _____

If you are a staff member in this district, in which school do you work?

AES

CES

Please return this completed form with a cash payment or a check made payable to "Amesbury PTO". Please place in an envelope labeled "Amesbury PTO Membership" and either drop it off in the school office, send it back in your child's poly labeled;

Lisa Cassidy

In order to participate in any event involving children, EACH individual must fill out a CORI form (criminal background check). The form may be obtained at the school office.

Please indicate any and all areas you'd be willing to help out:

After School Enrichment _____

General Volunteer _____

Adult Events _____

Ice Cream Social _____

Family Fun Fair _____

Science Fair _____

Fund Raising _____

Staff Appreciation _____

Mother & Son Dance Party _____

If you would like to volunteer in the school during the school day, contact your child's teacher or the special area teachers to find out when volunteers are needed.

Any time you can give is greatly appreciated by all. Have a great year!

PTO USE ONLY:

Date received _____ Event (if applicable) _____ Cash amount _____ Check#/amt _____



Hey guys: Are you in grades one through five?
Are you ready for some serious FUN?

Make friends.
Hacer amistades.

Earn badges.
Ganar insignias.

Visit museums.
Visitar museos.

Launch rockets.
Lanzar cohetes.

Race cars.
Correr autos.

Laugh loud.
Reír a carcajadas.

Gain confidence.
Aumentar la confianza en sí mismo.

Create weird science.
Hacer experimentos científicos.

Learn games.
Aprender juegos.

Work together.
Trabajar juntos.

Forjar el carácter.
Build character.

Have fun.
Divertirse.

Grow better.
Desarrollarse mejor.

Take pictures.
Tomar fotografías.

Join now!
Have a Friend Join With You!

Show an adult at home the information on the back of this sheet.
Use your smart phone and the code that you see above

ADVENTURE IS WAITING.
BUILD YOURS AT **SCOUTING.ORG**.

AQUÍ COMIENZA LA AVENTURA EN **SEUNSCOUT.ORG**.
LA BASE PARA
UN GRAN FUTURO





96%
of girls have
tried at least
one *new thing*
as a Girl Scout.

Do more. Find your **SPARK.**

Hacer más. Encontrar tu pasión. / Faça mais. Encontre o seu faísca.

Girl Scouting is for girls in grades K-12. With the guidance of adult volunteers, Girl Scouts earn badges, explore the outdoors, attend fun events and field trips, and participate in the Girl Scout cookie program.

Girl Scouting es para las niñas en el Kindergarten hasta al 12° grado. Bajo la dirección de adultos voluntarios, Girl Scouts ganan insignias, exploran actividades al aire libre, asisten a eventos divertidos y excursiones de campo, y participan en el programa de galletas.

O escuteiras é para as meninas desde 5 anos para 18 anos. Com orientação de voluntários adultos, as escuteiras são condecoradas com distintivos, exploram áreas abertas, participam de divertidos eventos e excursões em campo e integram o programa de biscoitos Escuteiras.

AMESBURY GIRL SCOUTS INFO SESSION

Please note: The event below begins at the time indicated.

Wednesday, September 21, 6:30 PM
Amesbury Council on Aging Senior Center
68 Elm Street, Amesbury

Questions? / ¿Preguntas? / Perguntas?

Call us at 844-306-GSEM (4736) or email us at customercare@gsema.org.



Visit gsema.org/join and click **JOIN TODAY**. Complete the **GIRL REGISTRATION** page, click **CONTINUE** and follow the instructions to search for a Girl Scout troop. Select a troop and complete the membership payment.

Para información en Español llame al 844-306-4736.

Visit hergirlscouts.org for a complete listing of info sessions.



Who can join Girl Scouts?

Membership in Girl Scouts is open to all girls in grades K-12. Women and men over 18 can join as adult members to volunteer.

What do Girl Scouts do?

Most Girl Scouts become part of a troop (a group of 10-15 girls with adult volunteers) and meet regularly throughout the year. Troops meet 1-2 times per month for a couple of hours with some activities being longer (e.g. a field trip or overnight).

Are there fees to join Girl Scouts?

The annual Girl Scout membership fee is \$25 for girls and \$15 for adults (financial aid is available). Many troops collect dues and participate in the Girl Scout cookie program to help cover the cost of badges, books and activities throughout the year.

Help her find her *SPARK*.



88%

of Girl Scout volunteers say volunteering with us helps them *stay active*.

90%

of parents say that because of Girl Scouts, their daughter is *more confident*.

73%

of girls improved willingness to *persist through challenges*.

Find a Girl Scout troop **online** and get started today! 
hergirlscouts.org

¿Quién puede ingresar en Girl Scouts?

La afiliación está abierta a todas las niñas en los grados K-12. Mujeres y hombres que tienen más de 18 años pueden ser voluntarios.

¿Qué hacen las Girl Scouts?

La mayoría de las Girl Scouts se convierten en parte de una tropa (un grupo de 10-15 niñas con adulto voluntarios) y se reúnen regularmente durante el año. Las tropas se unen más o menos 1-2 veces por mes, normalmente por una hora con algunas actividades que son más largas (por ejemplo un viaje de campo).

¿Hay cuotas para ingresar en la Girl Scouts?

La cuota anual de Girl Scouts es \$25 para las niñas y \$15 por adultos (ayuda financiera está disponible). Muchas tropas cobran adicionales y participan en el programa de galleta para ayudar cubrir los costos de las insignias, libros y actividades durante todo el año.

Para información en Español llame al 844-306-4736.

Quem pode ingressar nas escuteiras?

Associação nas escuteiras é aberta a todas as meninas com 5 anos para 18 anos. Mulheres e homens a partir dos 18 anos podem participar como membros adultos voluntários.

O que as Escuteiras fazem?

A maioria das Escuteiras torna-se membro de uma tropa (um grupo de 10 a 15 meninas com voluntários adultos), que se reúne regularmente durante todo o ano. As tropas reúnem-se 1 a 2 vezes por mês por algumas horas, com algumas atividades tendo maior duração (por exemplo, uma excursão ao campo ou por um pernoite).

Qual é a taxa para ingressar nas Escuteiras?

A taxa anual de associação nas Escuteiras é de \$25 para meninas e \$15 para adultos (subsídio financeiro disponibilizado). Muitas tropas recolhem cotas e participam do programa de biscoitos Escuteiras para ajudar a cobrir os custos com distintivos, livros e atividades durante todo o ano.

Amesbury Soccer's

Kickin' It!



Register NOW!

**Soccer clinics for players pre-K to 2nd grade
featuring the Boston Breakers, Raffles, and
More**

- 🏆 **U4/U5-Tots:** First timers and preschoolers new to Kickin' It!
- 🏆 **U6:** PreK players who have participated in soccer before & kindergarteners (4.5-5.5)
- 🏆 **U8:** 1st graders or kindergarteners who have played multiple sessions and should move up (ages 5.5—7)
- 🏆 **2nd Grade:** This is the bridge between U8 clinics and U10/travel

SCHEDULE & LOCATION

- 🏆 Woodsom Farm, Lions Mouth Road, Amesbury, MA
- 🏆 Sundays: September 11, 18, 25, October 9th, 16th 23rd
- 🏆 Tots & U6 Clinics 12:00—1:00 p.m.
- 🏆 U8 & 2nd Grade Clinics 1:10—2:10 p.m.

HOW TO REGISTER AND COSTS

- 🏆 Registration fee is \$55 per child with \$10 sibling discount.
- 🏆 All players will receive a sovenior soccer ball!
- 🏆 Kickin' It! registration will be open now!
- 🏆 Register on-line at www.amesburysoccer.com

PROGRAM DESCRIPTIONS

U4/U5 Tots: Age appropriate games and activities designed to engage young players while on the soccer field. Parents are welcome and encouraged to be on the field with their “partner” or child. Activities designed to increase agility and coordination. There will be a high degree of repetition from week to week to increase familiarity and comfort. Players need shin pads, water, and a size 3 ball.

U6 & U8 Clinics: These Sunday afternoon one-hour and 10 minute clinics introduce young soccer players to a fun, interactive and skills-driven way to play soccer, building and advancing everything learned in the younger programs. The program is designed to develop a positive relationship with the game, build confidence and comfort with the ball at their feet, and help kids feel successful through small group exercises for about 45 minutes followed by short 25 minute game each week. Each child will need sneakers or cleats, a size 3 soccer ball, shin pads and a water bottle. Sessions are co-ed.

2nd Grade Clinic: This co-ed clinic is for 2nd graders who have experience playing soccer in our summer, fall or spring programs or an indoor league and are ready to play U10 next spring or summer. This 6-week game-focused clinic will introduce technical aspects of the game such as goal and corner kicks, throw-ins and defensive and offensive play while building endurance on a larger field. Each child will need sneakers or cleats, a size 4 soccer ball, shin pads and a water bottle.

GET INVOLVED...VOLUNTEER!

- 🏆 **Parent Volunteers & Coaches are Needed**—A weekly curriculum and coach training will be provided. Coaches will be paired up.
- 🏆 If you can help, please register as a volunteer coach when you register your player.

Contact: kickinit@amesburysoccer.com with further questions or call 617.224.6046



Soccer is a foundation of our community. For over fifteen years the Amesbury Soccer Association has been providing recreational and competitive soccer opportunities for children in and around the Amesbury area. In 2016 we will continue on a journey to bring quality soccer fields to our city and we are looking for

help in two big ways - donations and volunteers. For more information visit <http://www.amesburyfieldsforkids.org/>.



Kickin' It! Soccer clinics for players pre-K to 2nd grade

Go to www.amesburysoccer.com to register

- 🏆 U4/U5-Tots: First timers and preschoolers new to *Kickin' It!* (ages 3.5—4.5)
- 🏆 U6: PreK & kindergarten players who have participated in soccer before (ages 4.5—5.5)
- 🏆 U8: 1st graders or kindergarteners who have played multiple sessions and should move up (ages 5.5—7)
- 🏆 2nd Grade: This is the bridge between U8 clinics and U10/travel

Schedule & Location: Woodsom Farm, Lions Mouth Road, Amesbury, MA

- 🏆 Sundays: September 11, 18, 25 and October 2, 16, 23
- 🏆 Tots & U6 Clinics 12:00—1:00 p.m.
- 🏆 U8 & 2nd Grade Clinics 1:15—2:15 p.m.

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Registration Information:

- 🏆 Registration fee is \$50 per child with \$10 sibling discount.
- 🏆 All players will receive a soccer ball.
- 🏆 Register on-line at www.amesburysoccer.com (side tab, “programs”)

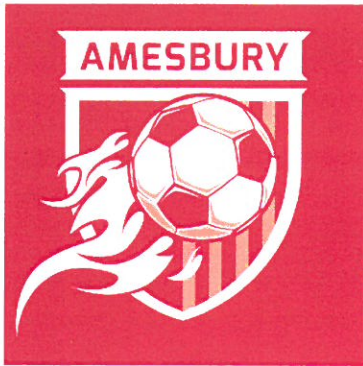
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For more information visit <http://www.amesburyfieldsforkids.org/>

Contact: kickinit@amesburysoccer.com with any questions.

Amesbury Soccer Association Fall 2016 Travel Soccer For 3rd and 4th Grade Boys



Amesbury Soccer Association has openings for boys in Grades 3 and 4 for Travel Soccer teams.

- In Travel Soccer the teams play 8 games in a season. 4 games are in Amesbury, 4 games are in another town within an adjacent Merrimack Valley community.
- Games are played on Saturday mornings.
- First game is September 10
- Practices are held twice per week about 1.5 hours long; practice days are dependent on the coach's availability.

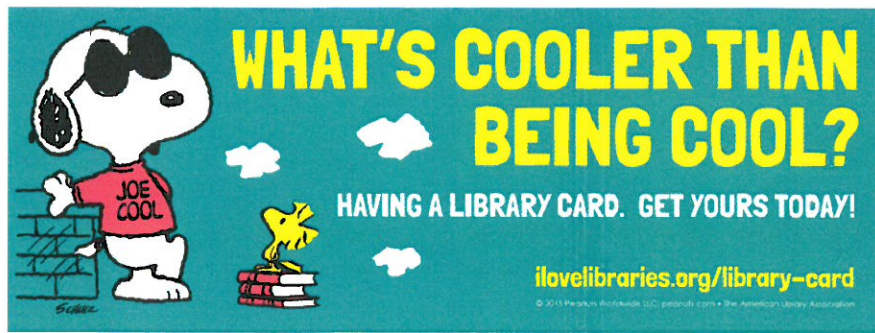
Please contact communications@amesburysoccer.com for more information and with questions.

How to Register

Register Online through the ASA website at <http://www.amesburysoccer.com/fall-travel>

Amesbury Fields for Kids

Soccer is a foundation of our community. For over fifteen years the Amesbury Soccer Association has been providing recreational and competitive soccer opportunities for children in and around the Amesbury area. We are embarking on a journey to bring quality soccer fields to our city and we are looking for help in two big ways - donations and volunteers. For more information visit <http://www.amesburyfieldsforkids.org>.



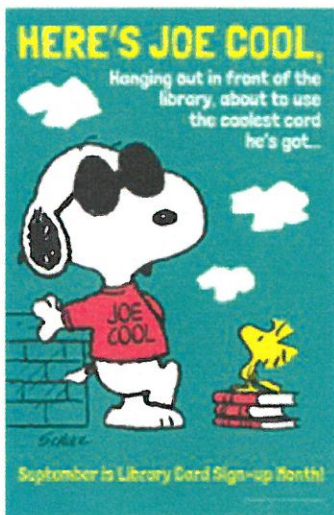
LIBRARY CARD APPLICATION

from the Amesbury Public Library

Celebrate Library Card Sign-Up Month! Once you get your child a library card, your child will have access to great books, resources for school projects, online ebooks and databases, as well as all the public libraries in the area. We also have storytimes, after-school clubs, special vacation week programs, performers, and summer reading!

PARENTS/GUARDIANS:

- Fill out the form following with your child's information.
- Come to the public library, bring the form and something with your Amesbury address on it (e.g. driver's license or utility bill).
- Your child will get his or her brand new library card that day!



AMESBURY PUBLIC LIBRARY

149 MAIN ST.

978-388-8148

www.amesburylibrary.org

Or contact the Clare Dombrowski, Children's Librarian
at cdombrowski@amesburylibrary.org

LIBRARY HOURS:

Mon - Wed 10am - 8pm

Thurs - Fri 10am - 5pm

Sat 10am - 5pm

Summer Saturdays 10am-1pm



Amesbury Public Library
149 Main Street
Amesbury, MA 01913
(978) 388-8148
www.amesburylibrary.org

Library Use Only:

Card #: _____

Staff Initials: _____

Children's Library Card Application

Proof of address is required for all registration

Please Print

Last Name First Name Middle

Street Address Apt. # P.O.

City State Zip

Telephone #: _____

☐ Home ☐ Cell

Date of Birth ____ / ____ / ____
Month Day Year

Notice Options: Check One option only:*

Please Print Carefully

☐ *Email —

My email address is: _____ @ _____

☐ *Text Message — Carrier _____

☐ *Telephone _____

- Children ages 3 and up are eligible to get a library card. However, we recommend that parents wait to let their children have a library card until the child is old enough to understand the responsibility and significance of getting a library card.
- If a child is under age 14 they must have a parent or guardian sign below.
- The parent's signature below indicates that they understand and accept responsibility for all materials checked out to their child, including any fees or replacement costs that are accrued.
- In addition, parents are accepting that by Massachusetts law (see below) the library cannot release library card records, including the titles of items checked out, to parents and caregivers without permission from the card holder.

Massachusetts State Law 78.7

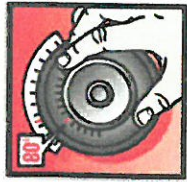
Public Libraries; establishment by cities and towns; records:

"...That part of the records of a public library which reveals the identity and intellectual pursuits of a person using such library shall not be a public record as defined by clause Twenty-sixth of section seven of chapter four."

Parent/Guardian Signature

Printed Name

Date



FREE



FREE



6100



FREE



FREE

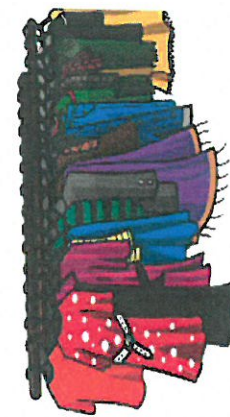
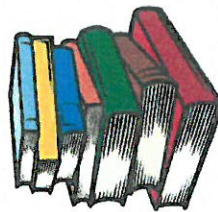


4th ANNUAL RECYCLING COLLECTION DAY!

9:00am-12:00pm Saturday, September 24, 2016

ACCEPTING: Styrofoam*, Prescription Medications, Paper Shredding, Textiles, Shoes, Cell Phones, Glasses, Hearing Aids, Mercury, One-Use Disposable Plastic Bags, Florescent Light Bulbs & Thermostats and Books!

Please keep items separated by group, as there will be specific stations where a drop off can be made.



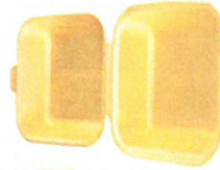
ONE DAY ONLY!

DPW Parking Lot, 39 So. Hunt Rd.

For more information call DPW at 978-388-8116.



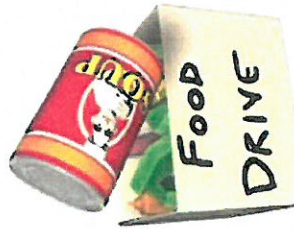
FREE



FREE



FREE

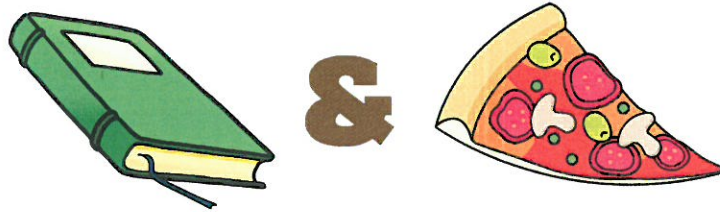


Also collecting
NON-PERISHABLE FOOD
ITEMS for
Our Neighbor's Table



FREE

*Styrofoam docks not accepted.



FRIENDS AND FLATBREAD FUNDRAISER

**September 20th from 5pm - Close
Flatbread Pizza, 5 Market Sq. Amesbury**

**Flatbread will donate a portion of dine-in or take-out
pizza sales to the Friends of the Amesbury Public Library**

**Please come to support the library and keep
an eye out for our 50/50 Raffle at the door!**

The Friends proudly supports library programs such as museum passes, summer reading and speaker events.

October 1, 2016

FIREBALL RUN

Schedule of Events

AmesburyChamber.com/FireballRun



Upper Millyard

Family Fun Zone with Child Safety
Information & Local Mascots



11am -
3pm



12 - 6pm



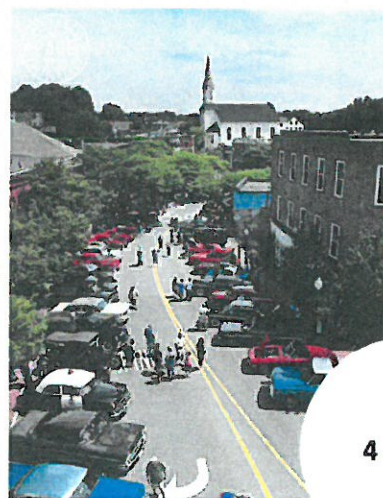
Water Street

Pedestrian Village with Live Music,
Beer Garden and Food Trucks

Main Street & Market Square

FIREBALL RUN 10th Anniversary
Finish Line Parade & Red Carpet Finish

Vintage Cars will line Market Square &
vehicles will be on display following parade



4 - 5pm

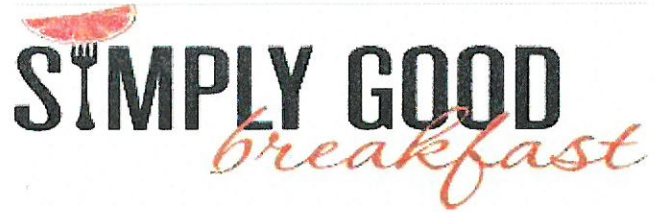


Follow our home team for details and updates

[@carriagetowncruisers](https://www.facebook.com/carriagetowncruisers)



September 2016 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	30 No School Today Professional Development	31 Pancakes w/Syrup Chilled Fruit Assorted 100% Juice	1 Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice	2 No School Today
5 Labor Day Schools Closed	6 Ham, Egg & Cheese on a English Muffin Chilled Fruit Assorted 100% Juice	7 Mini Cinni French Toast Chilled Fruit Assorted 100% Juice	8 Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice	9 Assorted Muffin w/Mozzarella Cheese Stick Chilled Fruit Assorted 100% Juice
12 Bagel w/Cream Cheese Chilled Fruit Assorted 100% Juice	13 Ham, Egg & Cheese on a English Muffin Chilled Fruit Assorted 100% Juice	14 Pancakes w/Syrup Chilled Fruit Assorted 100% Juice	15 Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice	16 Assorted Muffin w/Mozzarella Cheese Stick Chilled Fruit Assorted 100% Juice
19 Bagel w/Cream Cheese Chilled Fruit Assorted 100% Juice	20 Ham, Egg & Cheese on a Biscuit Chilled Fruit Assorted 100% Juice	21 Mini Cinni French Toast Chilled Fruit Assorted 100% Juice	22 Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice	23 Assorted Muffin w/Mozzarella Cheese Stick Chilled Fruit Assorted 100% Juice
26 Bagel w/Cream Cheese Chilled Fruit Assorted 100% Juice	27 Ham, Egg & Cheese on a English Muffin Chilled Fruit Assorted 100% Juice	28 Pancakes w/Syrup Chilled Fruit Assorted 100% Juice	29 Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice	30 Assorted Muffin w/Mozzarella Cheese Stick Chilled Fruit Assorted 100% Juice

This institution is an equal opportunity provider and employer



Alternate Breakfast Available Daily

Cereal Bowl & Mozzarella Cheese Stick

We offer a variety of kid-friendly cereal choices. All cereal is whole grain.

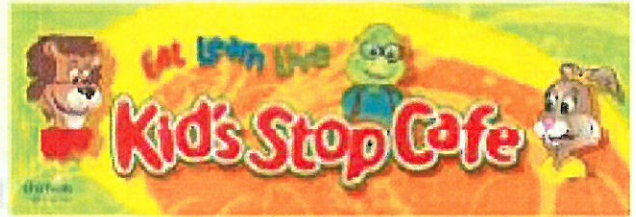
Offered w/ Featured Fruit or Juice Sides
AND Choice of Skim, 1% or Fat Free Flavored Milk



*All grain items made with whole grain

A full student breakfast includes a choice of entrée, fruit/vegetable side dishes, and a choice of milk. Milk choices include 1% white, skim white, skim chocolate

Questions?
Please call Kevin Kish @
978-388-4800
X4339

September 2016
Elementary Lunch Menu
Amesbury Public Schools



	Monday	Tuesday	Wednesday	Thursday	Friday
		Welcome back students, have a Great Year!!!	³¹ Chicken Nuggets!!! Crunchy Oven Fries Seasoned Carrots Wheat Roll	¹ Breakfast for Lunch!!! Pancakes with Sausage Patties Hash Brown Potato Patty	² Schools Closed Today
Alternate Meals: Nacho Fun Lunch, Ham & Cheese on Whole Wheat Bread, Sun Butter & Jelly Sandwich					
	⁵ Labor Day Schools Closed	⁶ Macaroni and Cheese Hot Dog on Wheat Bun Seasoned Broccoli	⁷ Campbell's Tomato Soup Toasted Cheese Sandwich Fresh Veggie Sticks	⁸ Breakfast for Lunch!!! French Toast Sticks with Sausage Patties Tater Tots	⁹ Cheese Pizza Dunkers w/ <i>Pizza Dipping Sauce</i> Tossed Salad
Alternate Meals: Bagel Fun Lunch, Turkey & Cheese on Whole Wheat Bread, Sun Butter & Jelly Sandwich					
	¹² Chicken Nuggets!!! Crunchy Oven Fries Seasoned Corn Wheat Roll	¹³ Spaghetti & Meatballs!!! Seasoned Broccoli Wheat Roll	¹⁴ Nachos!!! Seasoned Beef w/ Tortilla chips, Cheese Sauce, Lettuce Seasoned Corn, Salsa	¹⁵ Breakfast for Lunch!!! Waffles with Sausage Patties Hash Brown Potato Patty	¹⁶ Cheese or Pepperoni Pizza Seasoned Broccoli
Alternate Meals: Pepperoni Pizza Bagel Fun Lunch, Chicken Caesar Salad, Sun Butter & Jelly Sandwich					
	¹⁹ Italian Chicken Parm Sandwich Mixed Vegetables Crunchy Oven Fries	²⁰ Turkey Tacos!!! Mild Salsa Lettuce, Cheese Seasoned Corn Brown Rice	²¹ Chicken Caesar Salad <i>made to order</i> Mixed Greens topped with Chicken Nuggets and choice of Tomatoes, Cucumbers, Cheese and Croutons w/ Dinner Roll & Caesar Dressing	²² Breakfast for Lunch!!! French Toast Sticks with Sausage Patties Tater Tots	²³ Cheese Pizza Dunkers w/ <i>Pizza Dipping Sauce</i> Tossed Salad
Alternate Meals: Bagel Fun Lunch, Ham & Cheese Junior Sub w/ Lettuce & Tomato, Sun Butter & Jelly Sandwich					
	²⁶ Classic Cheeseburger on Whole Grain Bun Oven Baked Fries Lettuce & Tomato Seasoned Carrots	²⁷ Chicken Nuggets!!! Mashed Potatoes w/Gravy Seasoned Corn Wheat Roll	²⁸ Pasta with Italian Meat Sauce Seasoned Green Beans Wheat Roll	²⁹ Breakfast for Lunch!!! Pancakes with Sausage Patties Hash Brown Potato Patty	³⁰ Cheese or Pepperoni Pizza Seasoned Broccoli
Alternate Meals: Nacho Fun Lunch, Ham & Cheese on Whole Wheat Bread, Sun Butter & Jelly Sandwich					
	Choose with any Meal: Tossed Salad Broccoli Florets Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Caesar Salad Fresh Cherry Tomatoes Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Tossed Salad Cucumber Coins Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Caesar Salad Chick Peas Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Tossed Salad Carrot Sticks Assorted Fresh Fruit Assorted Chilled Fruit

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Questions? Please call:
Kevin Kish – Director of Dining Services
 978-388-4800 X4339

A full student lunch includes a
 choice of entrée, fruit/vegetable
 side dishes, and a choice of milk.
 Milk choices include 1% white,
 skim white, skim chocolate